

Vol. 5

Fall

2005

Independent Living Program
Newsletter

Dear ILP Teens,

I hope you all had a wonderful and relaxing summer break. It was a pleasure to see some of you this summer at the Intro to ILP workshop, the College Series Workshops and the trip to the Museum of Tolerance. There are many ILP events coming up over the next several months that will give you ample opportunities to network with your peers, learn some important skills for your future, and earn some money to fatten up your bank account. For those of you who participated in Independent City, Main Street U.S.A. we hope it was an exciting and fun filled day.

What's Inside

Dear ILP Teens	1
Tips for Surviving High School	1
American Idol	2
It's Back to School Time	2
Computer Camp	4
California Chafee ETV Bus	4
Youth Advisory Board	5
Katrina Hits Close to Home	5
ILP Staff	6



TIPS for Surviving High School

Say hello anytime you see an acquaintance

Because always smiling and greeting people will let others know you're approachable and willing to make new friends.

Make the effort to take the first step

Be the first one to invite somebody to join you for lunch or in an activity.

Make friends slowly

Don't get discouraged if it takes some time to make new friends. Making new friends can be difficult, but in the long run it's worth the effort.

Use classes to get to know people

Get to know your classmates before or after class time. It's a great opportunity to strike up a

conversation, ask for homework help, or to extend a helping hand to others. Get to know the students who sit next to you. They can become your closest friends!

Display confidence

Starting high school can be both a scary yet exciting time. If you act confident and self-assured people will be drawn to you and want to be around you.

REMEMBER YOU MAY HAVE TO WORK A LITTLE TO MAKE YOUR HIGH SCHOOL EXPERIENCE A GOOD ONE BUT IT'S ABSOLUTELY WORTH IT!

Check out www.wholefamily.com to find more tips for teens, discussion boards and resources.

San Bernardino County
Department of
Children's Services



"American Idol"

by: Gregoria Marin

On Wednesday, August 17, 2005, the Rancho DCS staff and the Independent Living Program staff made a dream come true with the help and support of Cathy Cimbalo our DCS Director, Mae Harris-Oglesby and Mary Goldberg. They arranged for Ismael G. to audition for "American Idol" personnel in San Francisco. Ismael and I caught a 4:00pm flight from Ontario Airport to Oakland. We arrived at the Oakland Airport an hour later and proceeded to pick up our rental vehicle. We then headed to the Cow Palace, a stadium similar to the Lakers Staples Center in Los Angeles,



American Idol continued on page 3...

It's Back to School Time!

Having a strong study plan while in school is a major key to academic success. Developing good study habits early will help you throughout your school and work careers. The following are ten study habits that will help you to improve your study skills and aid in raising your grade point average in the long run.

1. **Feed your brain.** Studying or doing homework on an empty stomach will limit your powers of concentration. Give your body the nutrients it needs to function by eating well-balanced meals and snacks. Your grumbling stomach can only disrupt your efforts to study.
2. **Make the time.** Set aside a certain time period each day just for study. Make sure that you allow yourself enough time to complete all your schoolwork, and don't compromise that time for any reason. Schedule study time after you have already eaten and had some time to relax.
3. **Assigned seating.** As well as having a set time to study, a set place is also helpful. Find a place where you can spread out comfortably, where it's quiet, and everything you need is at your fingertips. If necessary, take a trip to the library to find the proper setting.
4. **Go into study mode.** Concentrate.

Hold off on taking or making any phone calls, turn off the television and dive into your work. The sooner you are able to concentrate on your work the sooner you'll be done.

5. **Make a checklist.** Organize what you have to do before you get started. Making a checklist will help you choose the proper order of your assignments. As you check off each assignment, the weight of the work will slowly lift off your shoulders and you'll be able to compute how much time is needed in order to complete your work.
6. **Work order.** Some people prefer to do their easiest assignments first to get them into the homework groove, while others prefer to complete the more challenging assignments first. This is a decision you'll have to make for yourself, try both to see which might work best for your individual study style.
7. **Make a note.** While studying for tests, copying over your notes from class lectures will greatly improve your chances of remembering class materials. Try making note cards that you can carry with you and study on the day of the exam.
8. **Gimme a break.** Take study breaks. Not too long to distract yourself from

work, but just long enough to recharge your battery. You'll need plenty of energy to pull through your workload, so don't begin to study late at night when you should be getting enough sleep.

9. **The buddy system.** Try to have someone around that you can call or talk to if you run into problems or questions. Link up with a fellow student, teacher or counselor that can assist you if you need questions answered or run into a roadblock.
10. **Give it your all.** Put every effort into your work. Don't just do half the job. Use your time wisely and put forth the effort to do the job right. Don't just do what you have to do to get by, try to gain some extra skills from the assignment that will continue to be of use to you into the future.

An organized study plan can be your best friend throughout school. Organization and a strong work ethic will give immediate positive results, and over time you will realize what works the best for you specifically. Stick with it and give it your all and nothing will hold you back from making good grades!

Adapted from wholefamily.com
Teen center

...American Idol

continued from page 2



where the auditions were taking place. Ismael was very animated and extremely talkative during the duration of our trip.



He was so excited to have the opportunity to have an audition that he was glowing. Our journey to the Cow Palace was enriched with beautiful scenery of ships arriving and leaving the bay. We crossed the Bay Bridge and after approximately an hour drive we arrived at the famous Cow Palace.

Ismael grew more excited as we were approaching our final destination. Miraculously, we arrived at the Cow Palace without getting lost. We were concerned that he couldn't get his wristband if too many people showed up. It was expected that 8,000 to 10,000 people would show up for auditions, but when we arrived only 1,500 participants had registered. Ismael was able to receive his wristband and be officially registered for the audition on the following day. At last we were able to take a deep breath and relax. It was already 8:00pm and we were famished. Neither of us had eaten breakfast, lunch or dinner because it had been a busy day for both of us. We were ready to have a nice meal and decided to take a stroll by the Fisherman's Wharf. The place was alive with tourists visiting the shops and enjoying an evening of watching sidewalk entertainers. We had dinner at the Boudin Restaurant, which specializes in sour bread. It was a very satisfying and delicious meal.



After dinner we went back to the Cow Palace where Ismael spent that evening with many other singers chatting and practicing their songs. The next morning, everyone was led out of the building at 5:00am so the American Idol staff could get ready for the big production. We had to line up for four hours until the doors were re-opened. There was a lot of commotion inside the arena. While some singers were going through their auditions others were getting ready for their turn. The great moment finally arrived; it was Ismael's turn to sing in front of the judges. Ismael gave his all at that moment. His voice was very strong and melodious. He sounded awesome! Unfortunately, for some unknown reason, the judges did not decide in favor of Ismael.

Some contestants approached Ismael to tell him what a great performance his was. Ismael had a great time throughout; he not only enjoyed his moment in the sun but the journey it took to get there. Ismael also lives in our Transitional Housing Placement Program, works at MiMi's restaurant part time, and hopes to pursue a music career and attend college.

**CONGRATULATIONS TO ISMAEL FROM THE ILP STAFF
FOR A JOB WELL DONE!!!**

Computer Camp



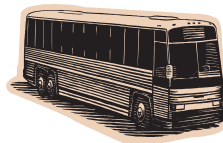
The first weekend of August 2005 ILP held its 3rd annual computer instruction camp on the campus of Cal Poly Pomona. The computer camp welcomed 22 ILP youth to participate in a rigorous weekend computer workshop. These youth were selected based on their academics, college bound criteria and their desire to attend a four-year institution. During the youth's stay, they had the opportunity to dine and interact with college students in the student cafeteria and dorms. The youth were given a tour of Cal Poly Pomona and were shown most of the departments on campus. Exposure to living in a college dormitory for the weekend turned out to be a great experience for the ILP youth. The youth took the opportunity to play Ping-Pong, shoot pool and swim in the outside dormitory swimming pool.

On the last day of the intense weekend computer workshop, all 22 ILP youth were given a brand new Dell desktop Computer with color printer and software. As a chaperone and ILP Program Coordinator for the computer camp I can truly say that from my observations the ILP youth participants had a great time during the weekend. Equipping the youth with basic computer instruction and equipment was very rewarding and satisfying. ILP looks forward to collaborating with Cal Poly Pomona on an annual basis so we can expose more and more of our youth to higher learning institutions.

California Chafee ETV Bus

On August 16th both DCS ILP and Probation youth were treated to a “hands-on” tour of the Chafee ETV eBus at Glen Helen Regional Park. The eBus is a mobile outreach program consisting of a 40 ft retrofitted mobile computer lab equipped with internet access. The eBus is used to “increase youth awareness of the Chafee ETV Grant and provide educational, financial and community resources in a personalized format”.

There are 13 computer workstations on the bus and the youth are able to apply for financial aid, college admissions, vocational schools and more. The teens were comfortable in the air conditioned bus and enjoyed the 3 hour workshop. Pizza in the park was our theme for lunch between the morning and afternoon sessions. The youth really enjoyed the experience and we hope to be able to have the bus travel to San Bernardino again next year.



Youth Advisory Board (YAB)

by: Keith Hosea,
Associate Director
Cameron Hill Aftercare Services

The Youth Advisory Board (YAB) is made up of youth from San Bernardino County's DCS ILP, Aftercare and Probation.

The youth meet 2 times per month to discuss issues that affect in care and transitioning foster/probation youth in San Bernardino County.

The YAB exists to help the youth have a voice in county and state legislative processes.

The YAB develops leadership in the youth and provides a direct point of communication for local county

and state government officials desiring to receive input from youth on what matters most to them.



YAB members occasionally participate in conferences and seminars that address issues

pertaining to youth in the system today.

Our most recent excursion involved a trip to Atlanta, GA. Two YAB members and two adult advisors at the Daniel Memorial "Growing Pains Conference" hosted by the National Independent Living Association and Daniel.kids.org.

If you are interested in participating on the YAB, see one of your local ILP/Probation or aftercare workers for an application.

Katrina Hits Close to Home

by: Leslie Abram



September brought one of the worst natural disasters in U.S. history, Hurricane Katrina. The flooding that resulted from Katrina in Louisiana and Mississippi caused widespread damage to entire communities and sadly took the lives of many, many people. Two of our own San Bernardino ILP youth, Christina L. and LaTara D. had just recently moved to New Orleans to attend college when Katrina struck. Christina was attending Dillard University and LaTara was at Xavier University. Both were living in the dorms and had to be evacuated quickly to nearby cities due to the rising flood water and damage to the buildings. Unfortunately, the ladies lost most of their clothing and personal belongings as well as the computers that they had received from ILP. Fortunately neither of them was injured during the evacuation. Upon receiving the news ILP was able to send \$400 in gift cards to each of the young ladies to help with the purchase of clothing and other needs. Cameron Hill Aftercare Services also sent gift cards to help with food and clothing. Currently both Christina and LaTara have re-enrolled in college. Christina is attending Georgia State University and LaTara is at California State Polytechnic University, Pomona. They are once again residing in the university dorms and getting settled into their classes. Although there were items lost that are irreplaceable, both young ladies are fortunate to have escaped injury. The ILP staff will continue to offer support and encouragement to both Christina and LaTara as they adjust to their new surroundings.

ILP Staff

SAN BERNARDINO ILP SOCIAL WORKERS:

Maria Weiss: (909) 388-1905 FAX (909) 388-1900
MWEISS@HSS.SBCOUNTY.GOV

Gregoria Marin: (909) 386-1395 FAX (909) 386-1914
GMARIN@HSS.SBCOUNTY.GOV

RANCHO ILP SOCIAL WORKER:

Leslie Abram: (909) 945-3914 FAX (909) 945-3930
LABRAM@HSS.SBCOUNTY.GOV

DESERT ILP SOCIAL WORKER:

Connie Cravens: (760) 843-2808
CCRAVENS@HSS.SBCOUNTY.GOV

SAN BERNARDINO ILP CLERK:

Irma Romero: (909) 386-1394 FAX (909) 386-1914

RANCHO ILP CLERK:

Sandra Hernandez: (909) 945-3931 FAX (909) 945-3930

DESERT ILP CLERK:

Stacey Bryant: (760) 843-2807 FAX (760) 843-2837

ILP DEPUTY DIRECTOR:

Mae Harris-Ogelsby
(909) 891-3506
FAX (909) 388-6717

ILP MANAGER:

Mary Goldberg
(909) 891-3506
FAX (909) 388-6717

ILP SUPERVISOR:

Arline Edwards
(909) 891-3677
FAX (909) 891-3399

ILP COORDINATOR :

Kevin Anderson
(909) 891-3559
FAX (909) 891-3399

To Register for ILP Workshops and Events Contact the ILP Clerk in your region:

If you live in; San Bernardino, Colton, Redlands, Yucaipa, Highland, Calimesa, Muscoy, Devore, Grand Terrace, Loma Linda, or the San Bernardino Mountains call:

Irma Romero at (909) 386-1394

If you live in; Rancho Cucamonga, Ontario, Chino, Chino Hills, Etiwanda, Upland, Fontana, Rialto, Montclair, or Bloomington call:

Sandra Hernandez at (909) 945-3931

If you live in; Victorville, Barstow, Hesperia, Apple Valley, Yucca, or other desert areas call:

Stacey Bryant at (760) 843-2807

ILP Services

Connie Cravens is your contact for: Desert Workshops & Driver's Training

Leslie Abram is your contact for: ILP Newsletter, Rancho Workshops, Scholarships & Car Match

Gregoria Marin is your contact for: Tutoring, San Bernardino Workshops & Scholarships

Maria Weiss is your contact for: San Bernardino Workshops and Scholarships

San Bernardino County
Department of
Children's Services



412 W. Hospitality Ln, 2nd Floor
San Bernardino, CA 92415

PRESORTED
FIRST-CLASS MAIL
U.S. POSTAGE PAID
San Bernardino, CA
PERMIT No. 1677